



Town of Florence



**Dorothy
Nolan
Senior Center**

330 North Pinal Street
PO Box 2670, Florence, AZ 85132
Ph. (520)-868-7622
FAX: (520)-868-7651

www.florenceaz.gov



Fitness: Mondays and Tuesday at 10:00 am and 10:30 in the TV room. Join in on our fitness classes. The video classes are done while seated. The intensity can be increased as you desire. We also have a walking program, weather permitting.

Bingo: Thursday at 12:15pm. A volunteer shops for great food prizes. Players are limited to 3 cards and play according to normal bingo rules. Prizes range in value from .25-\$1.00. We purchase approximately \$30.00 in prizes each week. Cost: N/A.

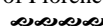
Special Events: Almost every month we host a special event at the center. Examples of the events we plan are: Western Night, Cinco De Mayo Celebration, Fifty's Dance, Luau, Thanksgiving dinner, and others. We post these events in our quarterly brochure. The brochure gives all the details on the events. There is a charge to cover the entertainment refreshment, and food cost. These events bring in 60+ seniors to dance, laugh and enjoy some fun times.

Trip Registration Procedures

Registration must be done in person. You may sign-up yourself and one other person. Payment must be made at the time you sign up. Trip deadlines are posted on the flyers. Trips are available for sign-up as soon as the brochure is distributed or the monthly calendar is published. The trips are cancelled if the minimum number of participants is not met by the deadline. Cancellations may be made by phone. Refunds are issued if cancellation is done two week prior to trip and if we are able to fill your spot from the waiting list. Waiting list for each trip are established if necessary. No alcohol is Permitted on the vans.

Mission Statement:

Provide fulfilling social, recreational, cultural, educational programs and activities
for the senior community
of Florence



Crafts: Crafts are done several times during the month. The crafts are posted on our calendar and the monthly craft flyer. Samples are displayed in the center on our front bulletin board. Sign-ups are required one week in advance to allow staff time to purchase supplies. Cost: Supply cost, vary per craft, usually under \$5.00.

Social Cards: Come in and play cards with friends. Teach or learn a new card game.

Dominoes: Every day there's a competitive games going on. It's all so much fun.

Pool Tables, Shuffleboard, Wii, Horse Shoe

Pit: There are many games and activities to keep you busy. Join the morning group that loves to play!

Friday Movie Matinee

Time: 12:10. Catch a new release on a lazy Friday afternoon. Call or stop by the center to find out what's playing

Knit-Wits Knitting Club: Wednesdays at 12:15pm. The group gets to together to teach, share ideas or knit for special projects.

Fitness Equipment

Work out in our fitness area. All the equipment is commercial grade. We have one-treadmill, one recumbent bike, one abdominal machine, a weight bench and several free weights. There's enough here to keep you in great shape.



A fun place to share laughs, hugs, tears & fears!

The Dorothy Nolan Senior Center is funded by the Town of Florence. The Dorothy Nolan Senior Center offers numerous programs for senior citizens. The program provides subsidized nutritious meals for seniors. It promotes recreation, information, socialization and interaction for seniors in the community.

Senior Van Program

The Senior Van provides transportation to the Center for meals, programs and activities or daily errands. The van is equipped with a wheelchair lift. A trip to Coolidge is scheduled every Monday for errands, groceries, medical and dental appointments and other needs as time and space are available. Pick-ups are available Monday through Friday between the hours of 10:00am and 11:30am for daily errands. Registration in advance is required for van scheduling. Please call 868-7622. We also make a run to the Anthem Safeway on every other Wednesdays at 12:00. Cost: \$2.00 1-Way (In-Town), and \$4.00 for the Coolidge trip.



Meals

The Senior Center provides a nutritionally balanced lunch Monday through Friday at 11:30am. The suggested donation is \$4.00. A licensed professional dietician plans a wide variety of menus. A nutritional chart is posted at the front desk each month and monthly calendars are available for the menu. The catered meal is brought in from Tucson. The Town of Florence purchases the meal for \$3.95. The Pinal-Gila Council for Senior Citizens, DES Aging and Adult Administration and the Older American Act provide a .54 reimbursement for eligible participants (seniors 60+). Reservations are required. Participants must register by Wednesday for the next week to reserve a meal and must sign in prior to 11:00am on the days they are eating at the center. We will make every effort to always provide a meal to any Eligible seniors who signs in prior to 11:00am. If you are not registered the meal may not be the same meal as listed on the menu, but we will let you



know what the meal is. You must be 60 years of age and complete a registration form to be eligible for the meal on a donation basis. If you do not wish to fill out a meal registration, you may eat for the actual cost of the meal, which is \$4.00.

Meals Procedures:

Meals are offered for a donation to seniors 60 or older. Meal may be reserved one week prior. Meals are offered at a suggested donation of \$4.00. The meals are based on a 1/3 daily recommended nutritional allowance and review by a nutritionist. The participant must sign in for themselves, unless physically unable. A spouse, or co-habitant may sign-in, pay and receive a meal ticket for each other. Participants may place their tickets at the meal tables to save their seats, we ask that you don't move someone else's ticket after it has been placed on the table.

Social Services: The senior center is your community information resource center. We have information available on transportation, medical info, prescriptions, housing, utility assistance, and more.

Blood Pressure : 2nd Tuesday of each month, by our local Fire Department.

Haircuts: Once a month by Tamra of Total Concepts. Please call for an appointment. The cost is \$12.00.

Telephone Reassurance Program

7-Days a Week senior volunteers call to check on your well-being. This free service gives peace of mind to seniors living alone.

Volunteer Opportunities: The senior center couldn't operate without volunteers. Numerous jobs are available. Stop by to visit with the center coordinator.



CAHRA Intake Twice a month. Community Action Human Resources Agency. By appointment only. Assistance with utilities, housing rehab, westernization, heating and cooling systems, gas, sewer, and water. For all ages.

Wellness Seminar: Various informative seminars are held on senior health and wellness topics. A diabetic clinic is held each month as well.

Grocery Shopping: Every other Monday at 12:00pm (or so) we take you to Coolidge for groceries or doctor appointments. Stops are made at Wal-Mart, Safeway and Shopes. Let the driver know which stop you want. Please call prior to Monday morning to get on the pick-up list. Let us know if you will be going regularly or on a will call basis. Cost: \$4.00. We also take a trip to the Anthem Safeway every other week at 12:15 as well. Cost is \$4.00.



Monthly Activities

Home Style Lunch: Each Friday we serve a special home-cooked staff or volunteer prepared meal. We alternate the menu to provide a variety of delicious meals. Cost: Suggested Donation of \$4.00.

Dinner Club: On one Tuesday a month we try a different restaurant. Cost: \$4.00 + your meal cost.

Grievances-Formal grievance procedures are available at the center for your convenience.

